

# CMS Connection

Illinois Department of Central Management Services' Monthly Newsletter



*Director Janel L. Forde*

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## MESSAGE FROM THE DIRECTOR

**Welcome to summer CMS!** Illinois is officially open, and I know we're all ready to get outside and enjoy some fun in the sun. This July, we're picking back up on holiday traditions like family barbecues, festivals, and fireworks, which you can read more about enjoying safely inside.

Many of you may be planning to travel, whether a quick getaway or a more extended vacation, to see new sites or familiar places and faces. In either case, I encourage you to use your time away to reflect on how far we have come together since the start of the pandemic and how you can live happier and healthier on the other side of it. **Self-care looks different for each of us, but it is necessary for all of us.**

If you have not already, check out the [Be Well Illinois website](#) and like and follow the [Be Well Illinois Facebook page](#) for educational information and resources to help you improve your overall wellness – mind, body, and spirit. If you missed last month's special **In Your Neighborhood presentation with Sugar Ray Leonard, that's a great place to start.**

There are also some great wellness webinars planned for this month to help you and your family live healthier, more active lives this summer and beyond. Be sure to register using the links inside.

**Remember, wellness is a journey.** And like any other journey, there will be challenges along the way. COVID-19 was a challenge like we've never seen before and it transformed the way that we live and work over the last year, but it won't stop us from reaching new goals and living our best lives in the future.

So, plan to enjoy your summer and all the activities we had to miss last year. It was your sacrifice that got us here to Phase 5 and your hope that helped us get through this journey together.

Continue to take care of yourselves and each other. I look forward to a great summer.  
**Be Well CMS.**

## EMPLOYEE OF THE MONTH: JOE GILLESPIE, JULY 2021



Joe Gillespie

**CMS Chief Security Officer Joseph “Joe” Gillespie has been named the Exemplary Employee of the Month for July 2021.** Joe is recognized for his outstanding work in providing a safe and secure workplace for CMS and many other agencies throughout the State of Illinois.

In his work, Joe supports the **CMS Legal Services Division** and oversees office security, emergency incidents, workplace violence, and unusual incidents for all facilities under CMS management and ownership. He also receives, investigates, and responds to reports of security violations, emergency incidents, and coordinates preventive measures in response to individual reports of security incidents, workplace violence and/or emergency situations.

Joe began working for CMS in May 2020 during one of the most critical points of the COVID-19 response. Since he joined the team, Joe has performed numerous internal investigations for CMS and other agencies, conducted American Disabilities Act (ADA) compliance checks for CMS-managed buildings, and assisted with the development of protocols for construction contractors working in a State facility. Joe is also a vital contributor to CMS University, our internal continuing and professional education program designed to develop and deliver innovative programs to address the training needs of staff. He has also assisted the **Illinois**

**Department of Employment Security (IDES)** with its reopening plan for client services, supporting hundreds of thousands of Illinoisans who were unemployed during the pandemic.

**“I am humbled and honored for this recognition, however it is a team effort within Legal Services,” said Gillespie. “This experience has been nothing short of extraordinary working with all the men and women who help support the many governmental services for the state of Illinois.”**

**“Joe has proven himself to be a tremendous asset to both CMS and the State of Illinois”** said his immediate supervisor, Deputy General Counsel for the Bureau of Personnel, **Allison Macfarlane**. **“His teamwork and collaboration are two of his strongest qualities.”**

When Joe joined the CMS team during the early, and uncertain months, of the pandemic, one of his first gestures was to source and distribute “COVID care packages” to his co-workers in Legal Services. These packages included a supply of face masks, hand sanitizer and tips on how to stay safe.

**“That he would go to these lengths to help protect people he had just met speaks volumes about his kindness”,** said Macfarlane.

Joe has more than 20 years of law enforcement experience, having started as a Deputy with the Kendall County Sheriff’s Office and working his way up the chain of command to Deputy Commander, the position from which he retired in 2019. Joe also served as the Director for the Kendall County Emergency Management Agency. He is a certified Illinois Professional Emergency Manager and a Homeland Protection Professional. In 2008 and 2018, he was awarded lifesaving awards by the Kendall County Chiefs of Police.

**“Joe Gillespie is an integral leader on the CMS Legal Services team,” said CMS General Counsel Terry Glavin. “His broad knowledge and deep understanding of law, security, investigations, and enforcement are greatly appreciated within and outside CMS.”**

Joe’s continued efforts towards making Central Management Services shine are greatly appreciated.



## SAFETY CORNER - FIREWORK SAFETY



If there is one thing we expect to see on July 4th, its bright displays of fireworks, lighting up the night sky. They are enjoyable for all ages, but safety should always be of the utmost importance when it comes to dealing with fireworks.

The [Office of the State Fire Marshal](#) and the [National Fire Protection Association](#) recommend that people attend a professional firework display on July 4th to ensure a safe holiday. Below are some reminders about the dangers of consumer fireworks.

People interested in shooting fireworks, either privately or as a professional display, should be aware of **Illinois' fireworks regulations**. The regulations divide fireworks displays into two categories:

- consumer fireworks, which include such items as fountains, repeaters and parachutes.
- pyrotechnic displays, which use professional grade fireworks such as mortars, cake bundles, and ground displays that depict a picture.

Both types of displays are only permitted in villages, municipalities and counties that have passed ordinances allowing such displays. It's important to note that several well-known types of fireworks, such as firecrackers, bottle rockets and Roman candles, are not allowed in Illinois. Novelty fireworks, such as snakes, sparklers, and party-poppers, are not regulated by the state, although municipalities have the authority to enact an ordinance prohibiting the sale and use of sparklers on public property.

While legal, sparklers present a serious danger because of the high temperature of the wire during and after its use. **Sparklers burn at temperatures of up to 1,200 degrees Fahrenheit (982 degrees Celsius)** and remain extremely hot long after the sparks have stopped. Many children are injured each year by sparklers. Children playing with novelty fireworks must be closely supervised by adults to prevent injury.

Fireworks started an estimated 19,500 fires in 2018, including 1,900 structure fires, 500 vehicle fires, and 17,100 outside and other fires. These fires caused five deaths, 46 civilian injuries, and \$105 million in direct property damage. According to the U.S. Consumer Product Safety Commission (CPSC), U.S. hospital emergency rooms treated an estimated 9,100 non-occupational fireworks related injuries; burns accounted for 44 percent of the fireworks injuries seen in the month around July 4th.

**However you choose to celebrate this year, please enjoy safely.**



## BENEFIT CORNER - JULY IS UV SAFETY MONTH

Ultraviolet (UV) light poses a risk year round but especially during the summer months when we are spending more time outside. Many of us are eager to get outside to be physically active, reduce stress, and get [vitamin D](#) but we should all know how to properly protect our skin from the sun.

**Most skin cancers are caused by too much exposure to UV light.** [UV rays](#) are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Anyone can get skin cancer, but is more common in people who:

- Spend a lot of time in the sun or have been sunburned.
- Have light-color skin, hair, and eyes.
- Have a family member with skin cancer.
- Are over age 50.

**Protection from UV rays is important all year, not just during the summer.** UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The [UV Index](#) forecasts the strength of UV rays each day. **If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.**

### JULY IS UV SAFETY AWARENESS MONTH



#### How to Protect Your Skin From the Sun

- Stay in the shade, especially during midday hours.
- Wear clothes that cover your arms and legs.
- Consider options to [protect your children](#).
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.
- [Avoid indoor tanning](#). Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.

Visit the [Centers for Disease Control and Prevention website](#) for more information on UV radiation.

## JULY WELLNESS WEBINARS

### Communication Skills for Families

Wednesday, July 14, 2021 from 12:00 – 1:00 PM CT

Join this webinar to:

- Identify the elements of good family communication.
- Identify ways to enhance communication in your family.
- Learn helpful tips for improving family communication.

[Click here to join](#)

### Eating Healthy on a Budget

Wednesday, July 28, 2021 from 12:00 – 1:00 PM CT

Join this webinar to:

- Identify barriers in your life that may be preventing you from purchasing nutritious foods.
- Understand ways to increase the servings of fruits and vegetables in your diet even when they are not in season.

[Click here to join](#)

## EVENTS RECAP

### Illinois Financial Wellness Hub

On June 22, 2021, CMS and **Be Well Illinois** joined the official kickoff webinar of the **Office of the Illinois State Treasurer's** new **Illinois Financial Wellness Hub**.

In this session, CMS Director **Janel Forde**, IL State Senator (10th District) **Robert Martwick** and **Harold Pollack** from the University of Chicago led a discussion about financial education and wellness including information about **Be Well Illinois** and the **State's deferred compensation plan**.

Michael Frerichs  
Illinois State Treasurer



Robert Martwick  
Illinois State Senator,  
10th District



Janel Forde  
Director at Illinois  
Department of Central  
Management Services



Harold Pollack  
Professor at the  
University of Chicago



Shout out to **Chris Colantino** from the Bureau of Benefits for your work on this event.

[Click here](#) to view the webinar and visit the [Illinois Financial Wellness Hub](#) to learn more.

### In Your Neighborhood featuring Sugar Ray Leonard, Men's Health Month

On June 23, 2021, **Be Well Illinois** presented a special program in recognition of **Men's Health Month**, featuring world renowned boxer, **Sugar Ray Leonard**. In this session, Sugar Ray shared his inspiring story from his boxing career, to his philanthropic work and his journey from addiction to recovery. **Illinois Lt. Governor Juliana Stratton** gave welcome remarks and CMS Director **Janel L. Forde** facilitated an engaging Q&A session with Sugar Ray to close the event.

Shout out to **Shante Burke**, **Kari Dennison**, **Shiloah Tubbs**, and **Karen Woods** from the CMS Benefits team for their hard work on this event.



If you missed the livestream, visit the [Be Well Illinois Facebook page](#) or [Be Well Illinois website](#) to watch the recording.

### BEP Celebrates Juneteenth



On Wednesday, June 16, 2021, Governor JB Pritzker signed legislation into law making Juneteenth a paid State holiday.

In recognition of Juneteenth, CMS and the **Business Enterprise Program (BEP)** presented a series of educational resources and discussions about economic freedom for the

Black community on social media in partnership with the **Illinois Department of Commerce and Economic Opportunity (DCEO)**.

**Jonathan McGee** and **Matthew Simpson** from DCEO joined CMS Director **Janel L. Forde** and BEP Deputy Director **Arielle Johnson** to discuss economic development and support for Black entrepreneurs and the community.

Visit the [CMS LinkedIn](#) and [Facebook](#) pages to view the recordings and for more information.



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